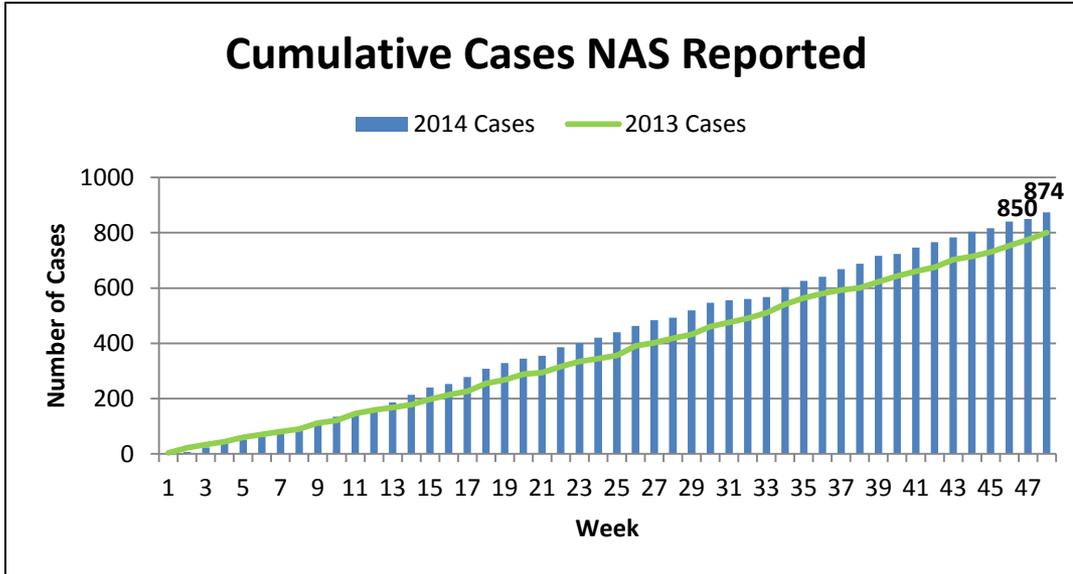


Drug Dependent Newborns (Neonatal Abstinence Syndrome)

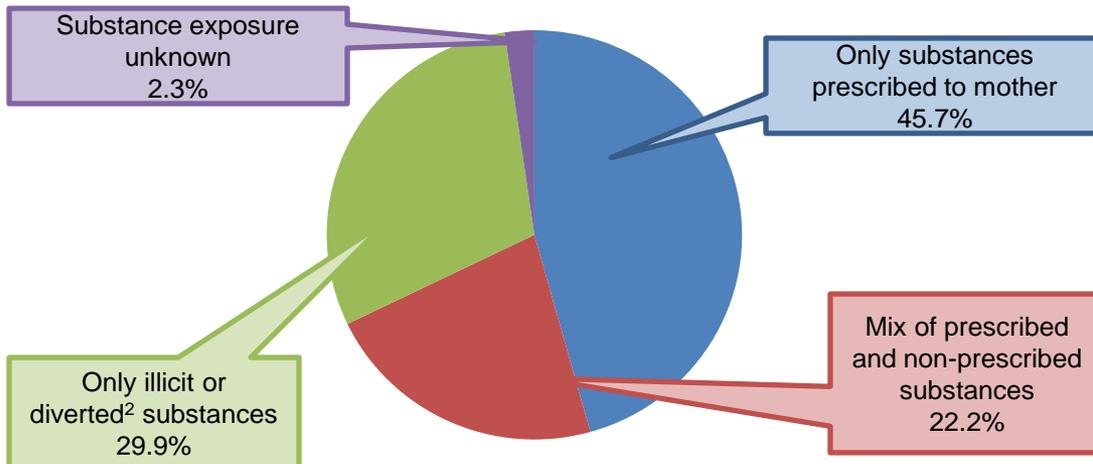
November Update (Data through 11/29/2014)



Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **874 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2014
- In the majority of NAS cases (**67.9%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2014 have occurred in the East, Northeast, East, Upper Cumberland and Knox Regions.

NAS Prevention Highlight:

The [Coffee County Anti-Drug Coalition](#) received national recognition from the Community Anti-Drug Coalitions of America (CADCA) [winning the "Got Outcomes!" Award](#) for their community-based prevention program titled "**Count It! Lock It! Drop It!**"™ The program engages the medical profession (all who prescribe or control access to prescription medication), law enforcement, school officials, parents, youth, and other community stakeholders to educate families about the need to monitor, secure, and properly dispose of medication.

If your community is interested in starting the Count It! Lock It! Drop It!™ program, please contact Kristina Clark or Christina Merino @ 931-570-4484.

Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) ³	# Cases ³	% Cases
Supervised replacement therapy	476	54.5
Supervised pain therapy	120	13.7
Therapy for psychiatric or neurological condition	59	6.8
Prescription substance obtained WITHOUT a prescription	341	39.0
Non-prescription substance	189	21.6
No known exposure but clinical signs consistent with NAS	3	0.3
No response	17	2.0

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	47	5.2
East	244	34.2
Hamilton	12	3.2
Jackson/Madison	3	2.6
Knox	91	19.4
Mid-Cumberland	77	5.7
North East	125	45.5
Shelby	34	2.7
South Central	35	8.6
South East	19	5.6
Sullivan	68	47.2
Upper Cumberland	95	27.5
West	24	4.4
Total	874	12.1

NAS Prevention Opportunities

Everyone

- Dispose of unwanted or outdated medications at your nearest drop-off location. Find yours at: http://tn.gov/environment/sustainable-practices_unwanted-prescriptions.shtml

Health Care Providers

- Check the [Controlled Substance Monitoring Database](#) before dispensing an opioid or benzodiazepine.
- Refer to [Chronic Pain Guidelines](#) for recommendations on the appropriate treatment of chronic non-malignant pain for women of childbearing age.
- Talk with patients who are women of childbearing age about [how to prevent an unintended pregnancy](#).
- Screen patients for substance abuse risk and refer to mental health treatment resources as appropriate.
- Discourage women from smoking during pregnancy; nicotine dependence appears to increase the risk of development of NAS in the baby. Encourage smokers to call the Tennessee Tobacco QuitLine at [1-800-QUIT-NOW](tel:1-800-QUIT-NOW).

Notes

1. Individual weekly summary reports are archived at: http://health.tn.gov/MCH/NAS/NAS_Summary_Archive.shtml
2. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
3. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov.